

*Dwarf Sports Association UK
Official Journal*



ReachOut

Summer 2011

Patrons: Eleanor Simmonds M.B.E & Matthew Whorwood Charity No1041961

2011 DSA National Games A Racing Success



Report inside

A word from the DSA Chair

Once again another very successful National games is behind us. I hope all that attended thoroughly enjoyed it and went home with many medals. For those that didn't attend you can read about it and see all the fun that was had in this edition of Reachout.

In the first half of the year lots has been happening besides the games, which you can also read all about in this action packed edition. I'm sure you are all aware though by now that the fun doesn't just stop at the National games there are three other national events, the sailing day, the boccia weekend and the

badminton weekend along with many regional events already organised.

There are only two more years until the World Dwarf games in Michigan and at the games we launched our year of fundraising to help everyone attend these games. Your regions will be organising fundraising events throughout the year and encouraging you to raise money yourself as we try and fill our fundraising thermometer at the back of this edition of Reachout.

Dwarf Sports Association Calendar of Events 2011

National Sailing and Canoeing Day 9th July

National Open Dwarf Boccia Tournament 17th and 18th September

National Open Dwarf Badminton Tournament 15th and 16th October

DSE JUNIOR & YOUTH NATIONAL SWIMMING GALA



This year's DSE National Junior Swimming Championship took place in Sheffield on 26th/27th February and DSA had its best ever turn out with 7 swimmers taking part.

Ellie Simmonds only competed in 2 races but produced good times, winning gold in both, "It's one of my favourite competitions being with all my own age group its such good fun"

Mikey Thompson also a regular at this meet had a very busy weekend with 5 gold's in his 5 races plus picking up a gold & silver with the North West relay team, and also swam P.B.'s in several races.

Robert Abrahams enjoying his second National Juniors moved up to the older age group and had to work hard for his success coming away with 2 silvers and 1 bronze again looking strongest at breaststroke.

Lauren Sullivan represented the London region for the first time and swam really well to come away with 3 gold medals again in the older age group showing promise at freestyle " I enjoyed it so much and I'm going to train really hard so I can compete again next year"

Ella Scott "found it quite daunting and nerve racking competing in such a big competition for the first time" but overcame this to really enjoy the weekend and is looking forward to next year " I'm really proud of how well all the DSA members have done" she said. Ella came away with 1 gold 3 silver and 1 bronze showing promise in the breaststroke.

Carys Copen again another first timer who was happy to see all her friends from the DSA at the gala. Carys won one silver and one bronze showing promise in the freestyle. Carys also swam the following week at the regionals winning 2 golds and setting 3 new PB's.

Megan Atkinson, the youngest of our talented swimmers found it tough swimming against the older girls, but put up a good battle in the 50 backstroke to just be pipped for the bronze medal by Carys. I'm sure now Megan is increasing her training there is a lot more to come as her stamina increases.

Well done to all the swimmers and keep up the hard work, enjoy your swimming and more success will come your way I look forward to seeing you all compete again at our national games in May.

Anyone wanting information about competitive swimming please contact me via the DSA office.

Val Simmonds,



DSA Athlete Profile

Leah Flack

- Class - F40 Field Athlete
- Job: Administration Assistant
- Sporting background: Last year I started taking athletics seriously and competed in over 15 competitions, one of the competitions I took part in was in Nashville at the DAAA games and I brought home 2 silver's and 1 gold.
- Age: 20 years old
- Favourite Sports: Discus, Shot Putt, 100m Sprint, Ladies Football.
- Personal Bests: Discus 13.72m, Shot Put 4.12m, 100m 22.56secs.
- Club: Sheffield Hallamshire Harriers.
- Favourite TV programme: Hollyoaks, The Hills & The City.
- Favourite food: BBQ chicken & fruit salad.
- Sporting ambition : To enjoy and have fun while doing sports and to push myself to be as good as I can in all sports but particularly in discus and 100m. Also to keep fit and healthy.



World Games Football Team play in School Tournament



On the 2nd of April, the senior DSA football team played in a tournament organised by myself Jack Gambrell. I am a Platinum Young Ambassador for Sport in the Leighton-Linslade area which helps promote both Olympic and Paralympic Values as well as helping and organising various Sport clubs and activities. The day's theme was to "*Break Barriers through Sport*" and to promote the Paralympic Value *Equality* where everyone, no matter what gender, race or ability can play as equals!

Leading up to the event, I was very busy promoting the day, getting all the local schools involved and players inspired. I gave 4 school assemblies to drum up support and get the kids motivated. In the end 100 kids from year 8 were signed up. I then organised a pitch to play on, got goal posts delivered, referees to officiate, refreshments for everyone attending, first aiders to attend and got newspaper coverage.

I then approached local businesses to donate raffle prizes for the tournament ranging from scooters and hair care products to signed photos and MK DONS tickets. All I had to do then was wait for the arrival of the dwarf team. They travelled from as far afield as Cumbria in the north and Plymouth in the south to the little town of Leighton Buzzard!

A great day was had by all with the dwarf team coming 5th overall in the tournament. An extra bonus was the DSAuk receiving over £100 in profits from the raffle and refreshments. Thank you to the parents of the school kids that helped to donate the money and thank you to the team for coming down. Here are some quotes from the kids.



"Those guys are amazing, I wish I could play like them"
Harry Robinson, Brooklands School

"Today was awesome, Can we do it again next year???"
Sam Johnson, Fulbrook Secondary School

Written by Jack Gambrell

DSA National Games 2011



2011 once again broke many records. First there was a record number of athletes; 155 competing, and second a number of games records being broken.

Athletics

The weather was fine for Saturday's track and field event with new member Mark Swan breaking the record in the under 11's age group for cricket ball throwing followed by new World Junior Record Holder Sean Clare winning the shot event with a new Games record.

Many of the competitors broke their own personal bests and with new events available in London 2012 for the dwarf class this bodes well for our medal chances.

The under 13's group new to throwing shot, javelin & discus showed some real talent with an amazing javelin throw from Dylan Beaumont to win the boys group, and a very promising win in the shot for Daniel Allen. The Under 13 girls were equally impressive with Ella Scott winning gold in discus and javelin, just beaten to the gold by Lucy Sleight in the shot, two names to watch out for in the future.

In the open age group Sophie Hancock threw her best ever games shot and discus closely followed by younger athlete Katie Wilkinson. In the men's groups Sean Clare dominated the shot and discus with Stefan Garde from Denmark taking the second place in the discus and Thomas Burton coming in bronze position. On the track Jack Gambrell showed some real form for 2011 picking up 4 medals over the afternoon session. The under 15's 60m sprint was very exciting with only 0.5 second separating the top 3. The 60m shuttle relay was also breath taking as the whole field had less than 1 second separating them.

Swimming

Sunday began with the DSA Swimming Gala and with so many successful swimmers now competing it was also set to be an exciting morning.

In the Under 14 age group Nicole Turner stole the show with 5 gold medals won out of 5 events entered. Have we seen the next Elle Simmonds I wonder ?

Also putting up very impressive swims were Rebecca Bedford, Callam Lee, Carys Coppen and Megan Atkinson all collecting medals throughout the morning.

In the width races Natasha Land, Amelia Crane and Maisie Stocks showed promise. Leo McCrea won the Margaret Scott Trophy this year with an impressive time in the 25m Freestyle event.

Table Tennis

With a packed afternoon of sport ahead of the athletes the event moved on to Aldersley Leisure Village. This years Ladies Table Tennis tournament was particularly interesting with Penny Dean showing her sporting talent and making her way to the ladies final overtaking both her daughters on the way. Her winning streak was only ended by Pippa Wauthier in a very close final.

The men's tournament was just as exciting featuring Andrew Smith and Shaun Dunford in the final, which was a 3 match nail biting game that Shaun eventually won.

In the junior ladies competition Ella Scott featured heavily again and won all her match's to win the event very closely followed by Chelsea Jobe who only lost one game on her way to the final.

In the junior boys the final had an international flavour with Kevin Cekanor from the USA and Jack Shephard from the UK contesting for the gold medal, Kevin put up a great performance but couldn't overcome the energetic style of Jack.

The play off for the bronze medal was equally exciting between Lee Hill and Luke Hockley, Luke took the first game and made Lee work hard in the next two games but Lee finally won the bronze 11 - 9 in the final game.



New Age Kurling

In the New Age Kurling event the Under 11's put their skills of judgement and power to the test with the fantastic new team of Natasha Land and Tom Smith winning the gold medal. In the U8 competition new member Sam Wright paired with Amy Thompson were victorious closely followed by Fern Sneddon and Leo McCrea.

Shooting

Across in the Aldersley shooting centre a record entry contested the air rifle event, with the popularity of shooting becoming bigger and bigger this year's competition was very close. Rachel Lambert won with an almost perfect score of 99 out of 100, followed very closely by Annie Morris shooting for her first time and scoring an incredible 98. Arthur Dean and Jamie Patton drew for the bronze both on 96. In the junior shoot Laura Holloway, competing for the first time, thrilled the crowd with a very respectable score of 88 sharing the gold with Jack Wilding followed by Lee Hill and Sophie Parsons.

Cycling

Finally the day was finished off with the cycling time trial, again with a record number of entries over all age groups, the Open group was very exciting with old rivals Steve Scott and Stefan Garde fighting it out for the Gold medal. Only 0.29 second separated them at the end, but after a long time waiting to reach his peak Steve won the gold, Stefan the silver and Eddie Joynson bronze only 1.3 seconds behind them. In the junior time trials William Palmer, Mary Fitzgerald, Tom Smith and Kathryn Walters all won their age groups with times getting close to some of the open age group.

Team events

This left only the team games to contest on Monday. The Basketball was particularly interesting in the junior group as Kevin Cekanor from the USA was playing. Kevin made a significant difference to the event in Belfast 2009 and 2011 proved to be no different as the red team made full use of him in some of the highest scoring games ever seen in the junior basketball.

In the football the skill of Lee Hill, Isaac Dalglish, Bobby Laing and Mark Swan showed through as they won all their games on the way to a gold medal.

The ladies Football was breath taking, with nothing between either team, and spectacular saves from Kim Dean and from her mother Penny, made for the most exciting game of the day and after extra time only a penalty shootout could separate them. Amy Andrews the Chair of The Dwarf Athletics Association America took part and played superb "soccer". Maybe we'll see a USA ladies team at the World Games in 2013?

The last event of the National games was the men's football which was dominated by the Orange team winning all their games to win the Gold medal.

Overall the games were a storming success and everyone had great fun. The DSA operational committee hope to see even more competing next year. If you've never attended the National Games before then make a date in your diary for next year, there is something for everyone and we'll see you there from Friday 4th May to Monday 7th May 2012.

Results are now available online at www.dsauk.org



Tag Rugby Come and Try It Day



In April DSA had its first taste of Tag Rugby. The Rugby Football Union (RFU) sent along 2 of their coaches to teach the participants how to play and to make it fun for everyone involved.

The taster day was run at the Soccer Dome in Manchester and there was enough interest for us to put together two teams. Each team was allocated a coach and after just over an hours training the two teams came together for a match.

Team captains Stefan Garde and Andrew Smith although good friends were now rivals. Both teams tried their very best but in the end Andrew's orange team won the game.



Everyone who attended commented on how enjoyable it had been and wanted to play again.



Phil and Simon (coaches from the RFU) said they would come along again and put on another Tag Rugby session in the summer.

One player told me it was the best team sport he'd ever played. We hope to see you all at the next Tag Rugby day later on this year.

IWAS World Junior Athletics



In April 2011 four of our young DSA members represented GB at the IWAS World Junior Athletic games. They eventually landed after an extremely long flight, delayed at both Heathrow & Dubai, to scorching heat

and even though it was early hours in the morning they still received a warm welcome from the locals when they arrived at their hotel.

The trip saw them mostly compete in the early evenings to avoid the hottest parts of the day. Unfortunately our athletes didn't get to see much of Dubai, due to the heat and their training schedules.

The DSA athletes had a very successful games , Vicky Silk (U23) took silver in the shot put and set a new European record taking gold in the discus, Sean Clare (U20) took gold with a new junior world record in shot put and gold in discus, Holly Neill (U23) took gold in shot putt and silver in the discus and Kyron Duke (U23) secured gold in the javelin.

Congratulations to all our athletes and good luck for the rest of the season.



2011 IPC World Athletics



During late January two dwarf athletes travelled to New Zealand as part of the UK team competing at the IPC World Athletics Championships.

The two athletes in question were Sophie Hancock and Kyron Duke.

Sophie was entered in the Ladies F40 Shot Put and Kyron in the men's F40 Javelin event.

Sophie was the first to compete and was preparing to throw on the Sunday afternoon, which equated to 3am in the UK.

Her husband and the coaches involved in her preparation gathered round the computer to watch her live over the internet.

Half way around the world in New Zealand Sophie was throwing with the best 7 ladies in the world. She did very well throwing her best distance on her third throw and finished 5th overall.

Kyron was taking part in an event which hasn't featured at an IPC World Championships for several years, the men's Javelin. He has shown considerable talent in this event and he didn't disappoint throwing a very impressive 32.64m a seasons best for him, winning the Bronze medal. Overall Great Britain came third in the medals table with 38 medals, a good sign for London 2012.

Growth hormone: What is it, who needs it?

You might imagine that growth hormone is a fairly straightforward sort of thing. It does what it says on the tin. Makes you grow. If you've got enough you'll grow, if you haven't you won't. Like almost everything in nature of course that is only part of the story.

Growth hormone is made by the pituitary gland which sits on the undersurface of the brain behind your eyes. It is very important in controlling growth in children particularly after the first couple of years of life. It has many complex functions however, some of which are not completely understood. It has an overall 'anabolic' effect, in other words it tends to make cells of the body grow. So growth hormone has a positive effect not just on how tall people are but also on the strength of their bones, their muscle bulk and the size of their organs. That's why people who make too much growth hormone aren't just tall, they have a whole host of other problems as well. It's also why some athletes have tried to use growth hormone as a performance enhancing drug.

So what has all this got to do with DSA? There has been a lot of debate in the medical community over last 40 years about whether it makes sense to offer people who are of restricted growth extra growth hormone. The huge majority of people who have a skeletal dysplasia produce normal amounts of growth hormone. As you would expect there are some exceptions to this but they are very few and far between. People who do not make growth hormone or make it but can't use it properly are of 'proportionate' short stature. So people with achondroplasia or spondyloepiphyseal dysplasia or diastrophic dysplasia, make normal amounts of growth hormone. In people with these conditions there are alterations in other proteins important in controlling the way that bones grow.

Some doctors have argued that even if people who are of restricted growth make normal amounts of growth hormone it might be possible to increase their height by giving them extra growth hormone, what is called 'supra-physiological doses'. In other words doses much higher than the body would normally produce itself.

In the mid 1990s a number of research studies were published which looked at the effects of giving extra growth hormone to children with achondroplasia. Almost always these studies showed that in the first year or two of treatment there was an increase in the rate of growth. The 'growth velocity'. As the studies progressed however, and children were followed for 5 or 6 years, it seemed that the initial effect was wearing off and that the rate of growth returned to the level that it was at before the growth hormone treatment was started. There was also evidence from some of the studies that the bones of the spine grew more than the bones of the limbs suggesting that there might be an increase in the amount of disproportion between limb and spine growth if treatment continued for a long time.

So where are we now? Many doctors believe that the most important thing is to see what the effect of growth hormone treatment is on the final height of children with achondroplasia. The children who began treatment in the mid 1990s are now reaching final height and so there should be definitive answers to this in the next few years.

In the meantime most doctors who treat children with achondroplasia (and other forms of restricted growth) feel that growth hormone should only be used in the very rare cases where a child does not make any growth hormone of their own. There are some children with achondroplasia receiving growth hormone but most of them are involved in one of the on going research studies.

My personal view is that it is likely that the research studies will show that treating children with achondroplasia with growth hormone will increase their final adult height by perhaps one or two inches. Treatment with growth hormone requires careful monitoring and the only way to give the drug is by daily injection. For all of these reasons we do not currently recommend growth hormone treatment for children of restricted growth except in the very rare cases where the children do not make the hormone themselves.

Dr. Michael Wright

Newcastle upon Tyne



Selecting the right Bikes for Dwarfs

There are now a lot of bikes available which are off the peg, good for performance and aesthetically attractive compared to those which were sometimes made for disabled riders only a few years ago. These bikes are more efficient, have good performance, are cheaper and more fashionable compared to those which used to be purpose built for disabled people and tended to be very heavy. Here are some suggestions for different ages and stages of rider!

My first bike: Tricycle Judez Jockey or Smoby Zooky

It is quite important **not** to have the pedals on the front wheel because dwarf children can't reach the pedals. It may be necessary to tinker, adding blocks to the pedals, and cut off the post under the seat to lower it even further. I recommended this to a friend who has a 3yr old and she is riding it with ease.



Balance bike: Getting on to two wheels can be helped with the use of a balance bike.

Rothan by Islabike: www.islabikes.co.uk

Ridgeback Zoom balance bike: www.Helemil.com

Halfords: www.halfords.co.uk



The next stage: Between 5 and 12, some dwarf children should be able to use standard bikes. Depending on the shape of the bike, they will learn to "run and jump" to get on and off. BMX style bikes can be very good at this age, as the frames are often smaller.

After 12 yrs, they will require gears,

The most common choice now is a mountain bike which has a straight frame between the handle bar and the rear wheel axis.

Carrera and Isla bikes are really good for teenage riders and readily available.

Halfords do a range of bikes with 16, 20, and 24 inch wheels they are all called the Carrera Blast and can be found on their website.



Islabikes make high quality bikes aimed at junior riders there are different frame sizes available for different wheel sizes. The 20 inch model has two frame sizes which makes it particularly adaptable for dwarf riders. They are very competitively priced and are much lighter and harder wearing than the average bike available on the high street.

www.islabikes.co.uk

Adults:

Adults are lucky there are a lot of folding bikes on the market. They have a low frame, although there is often a need to shorten the seat tube, change the handle bar fixing brackets and change the crank set. But these are relatively easy modifications. Below are some links to this kind of bike.

Airnimal Joey: www.airnimal.eu

Raleigh: www.raleigh.co.uk

Giant: www.giant-bicycles.com



Another model that has proven to be suitable for those who find they require a low cross bar, so they can easily mount the saddle without having to throw their leg over the rear of the bike, or feel you need to be able to easily get your feet on the floor is the Miami Probike. With some adjustment to the length of the pedal cranks this model can be made suitable for most dwarf people.



Finally if you would like to use an exercise bike to get fit Fenland Furniture are making dwarf specific exercise bikes, cross trainers and treadmills all of which are very good and are recommended by DSA. Contact the office for more details.

Written by Emmanuel Wauthier

DSA Regions Update

South West Region

The SW now have a Committee to help develop the region. Sue Phillips is now Treasurer with the help of her daughter Emma, Rebecca Henderson as Secretary and myself Carole North as Chair. I would like to see more parents involved in the development of the SW, it would only involve sitting around a table with a cup of coffee at events and exchanging ideas and suggestions. I would like to say a huge thank you to Sue, Emma and Rebecca for agreeing to help.

There is a small amount of regional funds which I think should be used to subsidise a Summer event, we are in the midst of planning this, it will be an indoor event due to the unpredictable weather. By the time you receive

this Reachout, plans will be well under way.

The three Southern regions organised a Christmas event on 27th November which was a great success. The badminton and boccia was very enjoyable, helped by expert Coaches. We had an excellent deal from the hotel a 3 course sit-down meal for less than £24.00 per head! It was so much fun we may organise it again for 2011.



We are now awaiting funding and then can plan events for 2011 which we hope will include a couple of full weekend activities.

South Central Region

This was the first year where the three southern regions of the Dwarf Sports Association joined forces to organise a Christmas Party with a double celebration to include Lucy Wilkinson's 15th birthday. The afternoon was organised for Badminton and Boccia activities where there was a very noisy but tremendous atmosphere in the badminton hall. Everyone had fun, joining in and enjoying themselves. It didn't matter if you were a complete novice or had played before. Thanks go to the coaches Sue, Beulah and Linda who helped to make this event such a roaring success.

Boccia, a form of indoor bowls played with beanbag balls, was organised for fun but enabled everyone to have a go, singles, doubles to team matches were played. Boccia is a game that can level all physical disabilities as you have to play it sat down so Peter Hewitt who is recovering from leg surgery was able to successfully compete against his peers and parents despite still being on crutches. Everyone thoroughly

enjoyed it and a special thanks goes out to Philip Lyons who helped officiate the event.

The après Badminton and Boccia started with some weary participants struggling to find their Christmas spirit but once we had assembled in the reception area and our spirits had lifted we headed towards the conference room for our meal, raffle and disco. With no seating plan, the children decided to sit away from the adults. We're sure Maisie and Caira Stocks were in total shock as mum was wearing a frock instead of her usual tracksuit (Maisie's mum is a PE teacher). After the nosh, the dosh, where the raffle raised in excess of £100 for the South West region to organise their region's activities, and then gosh, Lucy's birthday celebrations – cup cakes, photos and some dance floor moves.

Overall a very enjoyable weekend, thanks to the committee's of all three DSA southern regions for organising such an enjoyable weekend of sport and Christmas celebrations.

North East Region

In the North East we are in the process of setting up our events for the rest of the year. Glynn and Hazel Flack have already volunteered to organise our Christmas get together on the 10th December. Nothing like planning ahead.

We are working on our Golf Funding day for later in the year. This year it will be held on 5th August at the Doncaster Golf Club. If you would like to attend and support this event you would be very welcome. If there are any DSA members who are keen golfers we would like to enter a dwarf team this year. If you would like to play please let Tim or Rick know. **This event is very**

important to the running of the region so please support this years Golf day.

All our athletes in the North East continue to do well with Leah Flack improving in the F40

throwing events and many others continuing to compete around the country. Jack Shephard with his partner Lee Hill came second in the Scottish 4 nations badminton, and Liz Holland has been part of the Boccia Team which has done so well in the CPSport Boccia league.

The next North East event is a golf come and try it day on 17th July.



South East Region

After a thoroughly successful and entertaining Christmas party with all three southern regions in Basingstoke the South East region organised another

skiing event at Milton Keynes. Lots of the region's newer and younger members attended this event, some for the first time. All of them thoroughly enjoyed it and managed to get down at least the nursery slope.

South East Region *cont'd*

After the skiing we all went ten pin bowling and some members then stayed on for a meal in Milton Keynes. It was a fun, action packed day for all. In the next few months it is hoped that another regional event will be

organised, most likely a football training session. If you are interested in attending any future South East regional events then please contact Eddie Joynson (contact details at the back of the magazine) for further details.

Northern Ireland

This last quarter has been a very busy one for the Northern Ireland Region. An 8 week athletics course which included shot putt and javelin training took place at the University of Ulster sports facilities with coach Laura Kerr.

As usual it was a successful period for our badminton players. At the English Four Nations Emma Farnham took silver in both the Ladies Singles and Doubles, Luke Irvine and Niall McVeigh were runners up in the

Mens doubles and Niall won gold in the Men's Singles, beating Andrew Martin in 3 sets. Niall also won the gold at the Spanish International in Men's Singles and silver in Men's doubles where he played in a higher class with Alan Oliver from Scotland. Both Niall and Luke will travel to Germany for the Internationals in June.

Our new athletics programme is due to begin soon and will include both group and individual training, we will also host a family fun day and Badminton Camp.

North West Region

We have had a fantastic time in the lead up to our own National Games, the icing on the cake was winning the Regional Trophy! Well done to everyone in the North West lets aim to keep it next year.

We organised the Tag Rugby day in April, everyone thought it was fantastic and would like to do more in the future.

With the help of Pippa, Emanuel and Steve I was lucky enough to have finally found a mature member's bike. The only adaption needed was shortened cranks and now I can enjoy cycling. The benefit of this model is that it has a very low frame to get astride, the bike is called the Miami Probike and can be ordered from any bike shop across the country. So come on my mature friends let's get going!

We have also been involved in the CPSport Boccia league, playing against a host of different disabilities. We have won four games and lost one. There's a chance we may be in the regional final. Well done to April, Steve, Liz, Arthur and Penny.



Well done to our up and coming Athletes who continue to do well at competitions all over our country and the world. The numbers of the very young members group is increasing rapidly. We have had several soft play sessions, swimming and sailing too.

We are now looking forward to starting Boccia sessions for our younger athletes in preparation for our National Boccia weekend.

East Midlands Region

Murder Mystery Fundraising evening.

The Murder Mystery took place at a plush Derby hotel on a freezing November night.

We arrived and were greeted by Denise (looking glamorous) after walking the red carpet. Denise directed us to the bar lounge upstairs for pre dinner drinks. Everyone was dressed in evening wear and we mingled with the guests until it was time to go through to the Murder Mystery suite.

We found our table and took our seats. We introduced ourselves to the other guests. Suddenly someone ran into the room looking very upset announcing that a body had been found. No-one was to leave the room. A detective then explained to us that investigations were to begin.

Starters were served after which some interesting characters introduced themselves to us. Everyone

seemed to know the victim or have a connection. We were asked to help with the investigation. Main courses were served, and then some of the suspects were questioned by the detective. Then the characters came to each table and we were given the opportunity to ask questions in order to uncover any motive. Over dessert we looked at the evidence we had gathered to come to a decision about who we thought had dunnit. It was hard to choose but we came to a decision.

The identity of the perpetrator was then revealed (we didn't guess right!). The bar then opened and the disco began. We had a good dance and left at around midnight, the party was still in full swing.

Everyone seemed to enjoy the evening. The food was delicious and we would definitely go again.

Denise and her team raised a substantial amount of money and donated it to the 2013 World Games Fund. Well done to all involved.

£135,000

Flights £65,500
Cumulative Total £135,000

Food costs £11,600
Total £69,500

Accommodation £13,100
Total £57,900

Coaches & Staff £15,500
Total £44,800

Team Transfers £6,200
Total £29,300

Belfast 2009 cost £27,000

Registration fees £7,700
Total £23,100

Kit for every athlete £15,400
Total £15,400

We are here £5945

These costs are estimates and show where the funds raised may be spent. The actual costs will vary depending on the number of members competing and prices at the time of purchase.

2013 World Games Fund

It is time to start thinking about the 2013 World Dwarf Games. It will be held in the USA at East Lansing University in Michigan. There are obvious costs to sending a team. Such as the GBR team kits, but the DSA committee would like to do so much more than just supply a tracksuit.

Lets work together to support our UK team by raising enough money to help subsidise the cost of competing.

This thermometer shows the costs of entering a team with the same number of athletes that entered in 2009. The more money we raise together the more we can help with the cost of competing. This is where you as a DSA member can help. If you can think of a way to raise funds for the World Games then please help by acting on your ideas and raising money for the team. Or if you know of anyone, or have contacts that may be interested in sponsoring the DSA team please let us know.

So far the DSA has designated £5,000 to the fund and the East Midlands region has raised nearly £1,000, but we need so much more than that if we are to help our athletes compete in 2013.

So lets get going and make 2013 a record year for the UK team. Not only with the number of medals we win, but also with the fundraising effort to help get our team to the USA.

Regional Contacts

South West: Carole North on 01963 250175

Northern Ireland: Eugene McVeigh on 02838 318512

North West: Penny Dean on 0161 355 5399

North East: Tim Shephard on 01246 414238

Midlands: April Barrett on 0121 454 5582

South Central: Jenny Greasley on 02380 274219

East Midlands: Willie Coppen on 01332 514813

South East: Eddie Joynson on 01727 874356

DSA Merchandise

DSAuk Hoodies - £25.00 each

DSAuk Polo Shirts - £15.00 each

DSAuk T Shirts - £12.00 each

Childs sizes

3-4, 5-6, 7-8, 9-10, 11-12, 14,

Adult sizes

S small, M medium, L large, XL and XXL .

Post & Package £4 or can be delivered to you at any DSA event.

All clothing has the DSAuk logo on the left breast of the garment, and can also have your name embroidered underneath the logo.

Contact the office to order your DSA clothing
tim.shephard@dsauk.org or download an order from at
www.dsauk.org